

ABSTRACT OF DISCLOSURE

A phase change and/or magneto-optical recording method using laser induced reaction and diffraction in a recording layer and a dielectric layer of a recording medium involves changing absorption coefficients of optical constants of a recording layer and a dielectric layer of a recording medium by laser induced reaction and diffusion. The magneto-optical recording method involves changing the magnetization direction in a recording layer while the recording layer and a dielectric layer of a recording medium are irradiated with a laser inducing reaction and diffusion therein.